

## Shadowing

**What is it?** Shadowing is a tool designed to gain a **deep understanding** of the experiences of young children, their caregivers and pregnant women through their **everyday interactions** within various scales of a city. Simply, it means following someone by becoming their “shadow” for a certain period of time. This allows you to observe and analyze interactions, movements, and behaviors in different settings, through the lens of the Proximity of Care Framework.

**How to use it? Choose participants:** Contact the caregivers of young children and pregnant women who you feel represent a segment of the target population and are willing to be *shadowed*. These participants could be contacted through local community groups, schools, or partner organisations working in your target location.

**Plan and schedule:** Coordinate the *shadowing* sessions with your participants, and decide what location, time, and activity you would like to shadow. This could for example be a morning commute to a school, a weekend activity in a public square, or a public transport journey to a health clinic. Shadowing can last from few hours, to a whole day or a few days.

**Observe and document:** During the *shadowing* sessions, observe and take notes on the interactions, behaviors, and physical environment, focusing on the Proximity of Care Framework dimensions (Health, Protection, Stimulation, and Support). You can use the supporting Proximity of Care prompts in the tool to the right to guide your observations, but feel free to create additional prompts that speak to your context. Create a template to remind you of the activities, spaces and behaviours you plan to observe. Decide how to document observations - consider sketches, notes, photography, videography, audio recordings.

**Analyze and synthesize:** Review the collected data, identify patterns and insights, and combine this analysis with other information you have collected on the different Proximity of Care Framework Dimensions to help determine particular strengths or weaknesses in your target location or group.

**Keep in mind:** Ensure participants understand the process and have given informed **consent**. Make sure the participants feel **safe**, comfortable and free to stop the activity at any point, and are not pressured into going anywhere they would not normally travel. Be prepared to **adapt** to changing situations, such as unexpected events or the need for breaks. Consider shadowing **multiple participants** with different perspectives on the city. Be careful not to **influence** the observed activity in any way - focus on observing, and minimise your impact on any decisions made.

- HEALTH**
- Availability and quality of WASH facilities and services
  - Access to healthcare facilities and services
  - Nutritional options in food stalls and markets
  - Green spaces and environmental quality

- PROTECTION**
- Safety and security of homes, public buildings, and spaces
  - Child-friendly infrastructure and networks
  - Climate resilience strategies and hazard mitigation
  - Safety and security policies and measures

- STIMULATION**
- Environments that encourage play and learning
  - Availability and accessibility of diverse play spaces and equipment
  - Quality of childcare environments
  - Child and caregiver-friendly streets and transport systems

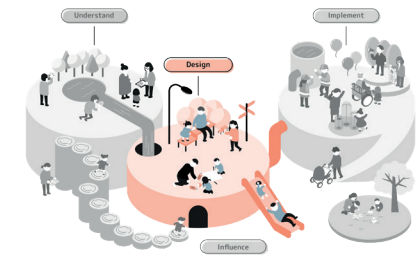
- SUPPORT**
- Visible economic and community support for families
  - Signs of city leadership prioritizing early childhood development
  - Examples of family-friendly city planning and legislation
  - Age- and gender-sensitive environmental features


2 What kind of information are you looking for?

3 What will you document and how?

4 Key findings

- Format: template
- Group size: small
- Time: few hours - few days
- Facilitation experience: moderate



1  Person shadowed:  
Age:  
Gender:  
Reason for shadowing:

Location:  
Date:  
Time:

Map + route